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'I think he's shameless'

Grieving town of Lac-Mégantic greets railway chief with icy stares, while some residents hurl insults **PAGE 10**

Is Bigfoot an Albertan?

A Calgary researcher believes the creature lives near Banff and plans to find proof working alongside Les Stroud of Survivorman **PAGE 3**

It's Suno's time to shine

Design duo behind fashion brand Suno talk about winning a coveted award and how they hope it will help their business **PAGE 21**

DOCTOR WHO ARE YOU REALLY?

DR. MEHMET OZ IS UP AT THE CRACK OF DAWN FOR YOGA, SNACKS ON CASHEWS AND PRAISES HIS WIFE'S VEGETARIAN COOKING. THIS RAISES A QUESTION — IS HE HUMAN? **PAGE 19**



CHUCKWAGON PASSION

Jason Glass of High River takes part in the GMC Rangeland Derby on Wednesday night during the Calgary Stampede. Glass finished fourth, with a time of 1:12.35. More Stampede coverage, pages 25-28.

CANDICE WARD/FOR METRO

Alcohol-related fatal crashes drop

Crackdown. Proponents hail tougher penalties for impaired drivers



JEREMY NOLAÏS
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Fatal vehicle collisions involving alcohol plummeted in the first six months after Alberta introduced automatic suspensions for those found legally impaired behind the wheel, according to new provincial data.

The figures posted online and first reported by Metro indicate 33 people died in vehicle crashes where it was determined at least one party was intoxicated between July and December 2012. That total was down from the five-year average of 62 deaths over the same time period, representing a 46 per cent drop.

The data was instantly

hailed by proponents of tougher drunk-driving penalties as the strongest evidence to date that new measures steered into law by the Alison Redford government are working.

"It's very good news," said Calgarian Wayne Kauffeldt, a representative for Mothers Against Drunk Driving whose daughter was killed by an impaired motorist. "Over the long term, I think there's no doubt these sanctions will have an effect."

Last July, the province introduced automatic driving suspensions for any motorist who provided a blood-alcohol reading over .08 until the matter was resolved in court. Three-day suspensions for those caught with a reading between .05 and .08 were also introduced in September.

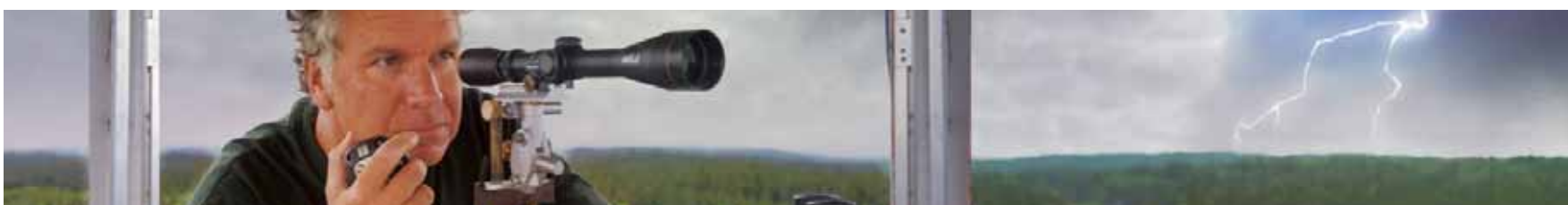
The legislation hasn't come without its share of controversy. A group of lawyers representing a Calgarian and two Edmontonians have filed a constitutional challenge

against the .08 suspensions in particular, claiming they violate a person's basic right of innocence until proven guilty. Court proceedings on that challenge are ongoing.

As well, the opposition Wildrose has adamantly contended that funds the province will devote to determining the validity of their legislation in court would be better spent on beefing up frontline police enforcement in the form of roadside Check-stops.

Wildrose party justice critic Shayne Saskiw said while he was thrilled to see the decline in alcohol-related deaths, he believes additional police enforcement may be a bigger factor than the legislation.

The Calgary Police Service, however, maintained it had no plans to boost its Check-stop outings after the law was introduced and Edmonton police have not given any indication publicly they would boost enforcement either.



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Cuts. Some exempt CBE staff still got pay bumps

More than three months after Calgary's public school trustees came under fire for green-lighting a \$1.5-million raise package for exempt staff amid province-wide belt-tightening, the board has revealed about half of those funds actually ended up in employee bank accounts.

The decision to spend \$830,000 rewarding performance of members ranging from high-level superintendents to human-resource workers and engineers still drew criticism Wednesday and calls for a change in practices going forward.

"While I'm happy that all of the money was not spent, I'm still very concerned about handing out raises at a time when class sizes are increasing and high school (budgets) are being cut by 11 per cent," said CBE trustee Sheila Taylor, who voted against the package along with Carol Bazinet when it was brought before the board in a private March meeting.

Exempt staff do not have union representation like teachers and custodial workers.

Keith Peterson, CBE Supt. of human resources, reiterated a stance by the board that offering up raise incentives is necessary to maintain quality in their employee ranks, as many may entertain thoughts of moving to more lucrative offerings in the private sector.

"(We) don't have some of the equity options that many employers would have ... what that means is our base pay needs to be paid more attention because that really is the only element of compensation that we have," he said.

JEREMY NOLAIS/METRO



Calgarian Todd Standing claims this is one of few credible photos of a Bigfoot-like species he says lives in colonies in both northern Montana and between Banff and Kootenay National Park. TODD STANDING/CONTRIBUTED

Bigfoot lives! Well, maybe ...

Two-part TV series.
Devoted researcher believes 'Bigfoot is real' and lives near Banff



JEREMY NOLAIS
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Survivorman's got Sasquatch — and the fact that he may live right here in Alberta — on his mind.

In fact, according to Calgary's Todd Standing, the head of research group Sylvanica, Les Stroud has been in talks with him for years on organizing an expedition to find the beast of many names but most com-

monly referred to as Bigfoot or Sasquatch.

Stroud is a popular Canadian TV figure known as Survivorman who earned fame for his willingness to journey alone into remote corners of the world armed with only a video camera and keen set of survival skills.

Now, he will team up with Standing in hopes of luring out supposed colonies of unidentified primates living between Banff and Kootenay National Park as well as in northern Montana.

"It's been a hard sell on his behalf, but it's all greenlit and we're going to get it done," said Standing, who claims he's come within 65 metres of Bigfoot-like creatures and has

devoted his life to validating claims the species exists.

Science Channel issued a release this month confirming it had approved a two-part series called Survivorman Stalking Sasquatch that it plans to air in early 2014.

Representatives of Stroud could not be reached for comment, but he confirmed in a radio podcast with entertainment figure Joe Rogan last year that he was working with Standing on the project, dubbing his host a "really cool gentleman."

In that same interview, Stroud claimed he'd already previously encountered a "great ape" in a remote area of Alaska, which piqued his curiosity.



Les Stroud, known as TV's Survivorman. METRO

Standing said the key will be for him to get the attention of the primates, who he said are dominant and keep track of all their intruders into their areas, and then draw them back to Stroud.

"I want him to come out of there saying 'Bigfoot is real, and this guy is really studying and researching them,'" Standing said.

1 NEWS

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Stampede. Steer dies after 'severe neck injury'

Veterinarians euthanized a steer at the Calgary Stampede Wednesday afternoon after it suffered a neck injury during the steer-wrestling event.

Stampede officials are investigating the death, which they described as a rare occurrence in this event — only the second in the past decade.

"The people in the arena sure are quite shaken up because everything about the run from what they could see right there appeared normal," said Stampede communications advisor Bonni Clark.

The steer failed to get back up after being wrestled to the ground and the competitor immediately called for assistance.

Veterinarians quickly determined the steer had suffered a "severe neck injury" that was untreatable and euthanized

Steer-wrestling event

More than 1,000 steers have taken part in the past decade, according to the Calgary Stampede.

the animal, according to a news release. "A post-mortem will not be performed, as the veterinarians believe the injuries were self-evident and do not require further investigation," the release states.

Clark said the events leading up to the animals' death, however, will be reviewed in detail. "We will certainly be looking very closely at the tapes and reviewing that to see what might have been a contributing factor," she said.

ROBSON FLETCHER/METRO

Southeast apartment

Fire prompts evacuation

Sixty residents fled two southeast Calgary apartment buildings after a fire in one of the units prompted the evacuation.

Firefighters were called after 7 a.m. Wednesday to a 12-unit complex in the 4600 block of Hubalta Rd. SE, after a nearby contractor noticed flames through a balcony window.

No injuries were reported. The cause of the fire is not yet determined.

METRO

Northeast end

Suspects sought in targeted attack

Investigators now believe a stabbing Tuesday night in Calgary's northeast was not random.

Around 6:45 p.m., emergency crews found a 25-year-old man in serious condition in the 900 block of 36 Street N.E. He has since been stabilized.

The suspects are described as black males between 18 and 25 years old. Pictures of the suspects are at metronews.ca.

METRO



The aftermath of flooding at Calgary's Rideau Park school is seen in this photo provided by the Calgary Board of Education. Photos of the interior of Elbow Park School, which suffered even greater damage, were not available. CONTRIBUTED BY CALGARY BOARD OF EDUCATION

Damaged school may be demolished

Space crunch. Public board weighing options to teach kids elsewhere

Alberta's education ministry is pledging support to salvage as much of a flood-ravaged Calgary school as possible.

Elbow Park School suffered "significant structural damage" July 21 as water from the Elbow River surged into nearby soil and pooled underneath the building, according to the Calgary

Board of Education.

Three weeks on, safety risks remain for crews attempting to access the building to assess damage and officials now believe they will have to demolish at least part of the facility.

It's likely Elbow Park won't reopen for at least two years, according to CBE superintendent of infrastructure Frank Coppinger, displacing more than 200 students immediately and more entering the system in the years ahead. The cost for a completely new facility would be \$12 million, he said.

"This is a historic structure, built in the 1920s, so it's always our objective to retain it if at all possible," Coppinger said.

CBE officials were meeting Wednesday to go over options to relocate students. The organization has said its top priority is to keep them together.

Alberta Education Minister Jeff Johnson toured the damaged site Tuesday and said he hopes at least the core can be saved.

"The historic value and the beauty of that school and what it means for that community is

something we can't overlook," he noted.

Rideau Park School also suffered up to \$4 million in damage during last month's flooding, but CBE officials said there's an 80 per cent chance it will reopen in time for fall classes.

On top of flood damage at Elbow Park and Rideau Park schools, another 50 CBE facilities also suffered damage to their roofs during heavy rains, according to Alberta's education ministry.

JEREMY NOLAIS/METRO

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Bonnybrook rail bridge is being dismantled, CP says

Crews have begun demolition of a railway bridge that was the site of a derailment in south-east Calgary at the end of June.

Six rail cars carrying petroleum-based substances teetered over the Bow River June 27, after one of the Bonnybrook bridge piers collapsed, causing a derailment.

Canadian Pacific crews started the dismantling of the bridge last Friday, and the work is expected to take three weeks, according to CP's Ed Greenberg. Two cranes are being used to remove the bridge spans, Greenberg said.

Greenberg reiterated the results of the preliminary investigation, which showed "scouring" at the bottom of one of



Bridge sagging, caused by a failed pier is the prime factor in a train derailment in a SE Calgary railyard at the end of June. ROBSON FLETCHER/METRO

the bridge piers, the result of increased river flows from massive flooding the week before.

The pier failure caused the bridge to sag and subsequently

the cars to leave the track, Greenberg said.

CP is still participating in an ongoing Transport Canada and Transportation Safety Board investigation. DARREN KRAUSE/METRO



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A sticker in a window of a flood-damaged home in Elbow Park warns people not to enter.

ROBSON FLETCHER/METRO

'Black' list cut almost in half

Progress. City of Calgary assessments continue in aftermath of floods



ROBSON FLETCHER

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The city's "black" list of flood-damaged properties has been cut nearly in half, from 29 initially down to 15 as of Wednesday, according to officials.

"Black properties are ones that are deemed structurally unsound," said Wayne Brown of the city's integrated safety response team.

So far, 16 properties that were once on the black list have been upgraded to the red list, Brown noted, while two properties have gone the other way, from red to black.

"Red means they are in very, very bad condition," he

said. "For both lists there is hope for remediation. If you put enough resources towards a rebuild, you can probably get it done."

That said, Brown noted demolition is a likely outcome for many of the black-listed properties.

One home was demolished during the city's local state of emergency, which has now ended, and another has been slated for demolition, he said.

Elbow Park resident Don Schaefer said he fled his home with his two daughters during the height of the flooding and has been on a "roller coaster ride" ever since as he learned his house was on the black list.

"That home will be demolished," he said. "It has major structural damage."

Schaefer said he has registered with the province's disaster recovery program and he and his family plan — they are currently staying at a friend's house — to continue living in the same

Additional details

- Of the 15 properties currently on the "black" list, two are in the Inglewood area, five are in Bowness and eight are in the Elbow Park and Mission communities.
- An additional 75 properties remain on the city's "red" list, classified as heavily damaged but not unsafe to enter.
- Flood-affected residents can register for Alberta's disaster recovery program at the Roderick Mah Centre for Continuous Learning, 4825 Mount Royal Gate S.W., between 10 a.m. and 8 p.m. until July 16.

neighbourhood, eventually. "We will rebuild," he said.



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Prince's Island Park remained closed to the public Wednesday, but city staff say work is being done to reopen the park in the next two weeks. KATIE TURNER/METRO

Officials optimistic about Prince's Island Park recovery

Show will go on. Folk Fest plans to be on the island come July 25



KATIE TURNER
katie.turner@metronews.ca

Crews are working feverishly to reopen Prince's Island Park, and officials with the Calgary Folk Music Festival remain hopeful they'll be at the park come July 25.

Prince's Island Park has been deemed the city's highest priority for recovery in terms of parks, according to Greg Stewart with the city's

Size
20

The area of Prince's Island Park is 20 hectares, according to the city.

parks department.

"We're doing everything we can to try and get it open as soon as possible. It's really the heart of our parks system," he said.

Volunteers co-ordinated by Folk Fest assisted in removing garbage and debris, and now Stewart said they're moving on to getting the finer silt removed, repairing the grass and pathways, and

restoring power to the island.

"The island was almost entirely covered in silt and debris, so there are areas that we're having trouble restoring at the moment."

Stewart said they remain hopeful the island will be open in time for Folk Fest, which runs July 25 to 28.

"That's certainly the goal," he said.

Calgary Folk Music Festival executive director Kerry Clarke said they're not at the point where they can make an official announcement but said, "We're planning to be at Prince's Island. It's looking very good."

Down the drain

River Café loses valuable wine collection in flood

The island's only business, the River Café, is also hoping to open their doors for service in conjunction with the Calgary Folk Music Festival, but are working to repair extensive damage to the restaurant's basement.

"The basement was completely submerged up to about six feet," said spokesperson Kristi Peters Snider.

While the restaurant



The River Café lost much of its extensive wine collection in the flood. FACEBOOK.COM

level and patio were untouched by water, she said they lost refrigerators, freezers, the contents of their pantry and much of their

wine collection.

"We lost about half our wine cellar, and there were a lot of gems ... a lot of really old, vintage wines," said Peters Snider, estimating about 150 cases of wine were damaged. "The cedar racks in the wine cellar had swollen so much that we couldn't actually pull the bottles out without damaging the labels and then also, the mud wiped a lot of the ink off the labels."

She said they hope the restaurant can be fully functioning around July 25, or a few days earlier so the kitchen can prep for service.

KATIE TURNER/METRO

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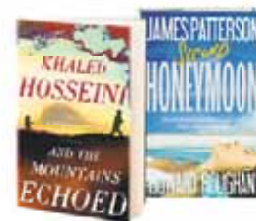
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CEO called a 'murderer'

Lac-Mégantic disaster.
Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch

the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, accusing him of slinking in the shadows to avoid blowback.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for their loss.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour workdays.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response



"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll at 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to take responsibility for the disaster, saying the train's handbrakes may not have been properly applied.
- He promised an energetic response to the crisis, including funding for aid and reconstruction.



A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIOWZ/THE CANADIAN PRESS

Alleged abuse. RCMP did not fail woman who tried to hire hitman: Watchdog

A police watchdog says the RCMP did all it could for a woman who accused her husband of abuse and tried to have him killed, challenging a claim by the Supreme Court that the force ignored her pleas for help.

The Commission for Public Complaints Against the RCMP issued a review Wednesday into how Nova Scotia detachments handled complaints by Nicole Doucet in 2007 and 2008.

Ian McPhail, the commission's interim chairman, said investigators focused on claims that the RCMP didn't do enough to help the woman before she tried to hire a hitman to kill her ex-husband, Michael Ryan.

Doucet was arrested in 2008 when she tried to hire an undercover Mountie to kill Ryan. She said in court proceedings that he had pushed her, squeezed her neck, put guns to her head and threatened to kill her and their young daughter.

Doucet was acquitted in 2010 of counselling to commit murder when the trial judge found she was under duress due to abuse and was not receiving help from police.

She alleged that she sought assistance from police nine



Nicole Doucet THE CANADIAN PRESS FILE

times, but was told they wouldn't help because they were deemed civil disputes.

The commission found the RCMP was not provided with enough information to act. The review says Doucet did not report any abuse to the agencies that came in contact with her, including Community Services, undercover police, a psychiatrist and several RCMP officers.

The report details increasing bitterness between the former spouses. In one incident, Doucet's father was charged and convicted of using metal pipes to assault Ryan.

In a subsequent interview, Doucet said she didn't know what happened. The commission said that lack of awareness "affects the reliability of her recollections." THE CANADIAN PRESS

Asiana plane crash

Experience of pilot and teacher under scrutiny

As Flight 214 descended over San Francisco Bay, both Asiana Airlines pilots were trying something new.

In the left seat of the cockpit sat Lee Gang-kuk, a pilot with 35 hours of experience flying a Boeing 777 who was landing the big jet for his first time at San Francisco International Airport. At his right was Lee Jeong-Min, a trainer making his first trip as an instructor pilot.

It was also the first time they had flown together, though they had years of experience.

Investigators trying to piece together what caused the crash are looking at their pairing and working relationship.

National Transportation Safety Board chairman Deborah Hersman said Wednesday the pilot trainee told investigators he was blinded by a light at about 500 feet, the point at which the airliner began to slow and drop precipitously. She said lasers have not been ruled out. THE ASSOCIATED PRESS

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Thursday, July 11, 2013

Lego no-go hits man like ton of tiny bricks

Toy ride's over, sir.
Windsor man denied entry to Legoland for not being with a child

A 63-year-old Windsor, Ont., man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the excited



John St-Onge with his 2,300-piece "Robie House" Lego set.
CONTRIBUTED/NICOLE ST-ONGE

pair was told by staff that they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night," during which all ages can enter without a child.

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You

can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad, he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says.

PHOEBE HO/FOR METRO IN TORONTO

Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. **THE CANADIAN PRESS**

Boston Marathon. Living suspect pleads not guilty

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing.

As victims looked on, Tsarnaev, 19, gave a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and swelling around his left eye and cheek.

Then, after he said, "Not guilty" over and over in a Russian accent, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left.

He faces 30 federal charges and could get the death

penalty if prosecutors choose to pursue it. His older brother, Tamerlan, died following a shootout three days after the bombing.

Prosecutors say Tsarnaev wrote about his motivations for the attack on the inside of the boat where he was captured, including that the U.S. was "killing our innocent civilians."

"I don't like killing innocent people," he allegedly wrote. "(But) I can't stand to see such evil go unpunished.... We Muslims are one body; you hurt one, you hurt us all."

THE ASSOCIATED PRESS



A U.S. Marshals Service van, believed to be carrying Dzhokhar Tsarnaev, arrives for his arraignment Wednesday. JOSH REYNOLDS/THE ASSOCIATED PRESS



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New survey. Red tape is top obstacle for business in Canada, execs say

A survey of leading Canadian executives puts government inefficiency far ahead of high taxes as the top impediment to doing business in this country.

The survey, conducted for the 2012 World Economic Forum, showed that Canadian executives no longer regarded high taxes as a major problem, as they had several years earlier.

The Conference Board, which issued the report, says that finding shows Canadian executives are aware that recent cuts to tax rates by both federal and provincial governments have increased Canada's competitive advantage.

By contrast, executives in seven of 11 other countries participating in the survey con-

By the numbers

14th

The Conference Board says the responses shed some light onto why business leaders believe Canada's standing in the forum's global competitiveness index has been falling in recent years, from 10th place in 2010 to 14th in 2012.

tinued to list high taxes as the biggest problem they face.

Other impediment factors cited by the Canadian executives include insufficient capacity to innovate, access to financing and an inadequately trained workforce.

THE CANADIAN PRESS

Tech history. Apple 1 sells for \$388K in online auction

An original Apple computer from 1976 has sold at auction for nearly \$388,000 US. Known as the Apple 1, it was one of the first Apple computers ever built.

It sold Monday for \$387,750 at a Christie's online-only auction. Bolaffi, an Italian collections company, says in a statement that it bought the computer. The seller was a retired school psychologist from Sacramento, Calif.

Vintage Apple products have become a hot item since Steve Jobs' death in October 2011. Jobs joined forces with Steve Wozniak to build computer prototypes in a Califor-



The Apple 1 computer is among the vintage Apple products that have become increasingly popular with collectors. THE ASSOCIATED PRESS

nia garage, and Wozniak built the Apple 1.

THE ASSOCIATED PRESS

First iPad version

Google revamps its Maps app



The new version of Google's Maps app has been streamlined to declutter the screen. GOOGLE

Google is unveiling a new version of its popular Maps app, available now for Android phones and tablets and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The app's design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users. THE ASSOCIATED PRESS

Social media

Facebook opens Montreal office

Facebook has opened an office in Montreal to better tap into business opportunities in Quebec. The company said Wednesday that its latest Canadian branch is now open, with two employees based in Montreal to serve businesses looking to expand their presence on the social network.

Facebook launched a temporary office in Vancouver last month, which was expected to stay open for a year-long stint. It opened its first Canadian office in Toronto in November 2009.

THE CANADIAN PRESS

Market Minute

↑	DOLLAR	95.08¢ (+0.08¢)
↑	TSX	12,306.93 (+9.84)
↑	OIL	\$106.52 US (+\$2.99)
↑	GOLD	\$1,247.40 US (+\$1.50)
Natural gas: \$3.67 US (+1¢)		
Dow Jones: 15,291.66 (-8.68)		

Nations are hiring cybermercenaries, U.K. report says

Online espionage. Intelligence watchdog warns state-sponsored hackers are attacking targets including banks and energy companies

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies."

Notable omission

- Not covered in the report were allegations published by the Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.

- Some of the revelations

raised fears that Britain was swapping data with the United States on its own citizens to get around restrictions on domestic espionage.

- A statement accompanying the report said lawmakers were investigating and would publish their findings on the program "as soon and as fully as we are able."

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies

that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with longstanding trends relating to the growth of cybercrime and increasing official interest in online espionage.

THE ASSOCIATED PRESS



A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item at a Canadian fast-food restaurant to be approved by the Canadian Celiac Association's gluten-free certification program. The macaroon is a \$1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

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EAT YOUR PHOBIA FOR BREAKFAST

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for “fears you have that your friends find hilarious” — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly



HE SAYS

John Mazerolle

metronews.ca

with a spider leg or two flying from your lips as you chortle. And note that the Internet says an “average” person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call “stupid.” Therefore every time you feel a twinge of fear coming on, have a friend or

relative say, “Don't be stupid! It's just a snake, stupid. God, you're so stupid” until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a ‘fear ladder,’

where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the ‘sexy phobia,’ many of history's greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like school-girls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that's OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that's how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you're not feeling great, you're in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you'll also swallow some spiders.

ZOOM

Snake in a charity store



QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity

store in Queensland in northeastern Australia.

“Its head was the size of a small dog,” police Sgt. Don Auld said Wednesday. Before they found the python, investigators' working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

“We thought a person had fallen through the ceiling because the roof panel was cut in half. When they've hit the floor, they've vomited and then staggered and fallen over. That's what we thought anyway.”

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there's more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

Tyler the Creator:

Odd Future's Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat

Pearl Jam:

Remember them? They're back. And just announced their first

North American tour in three years. @pearljamofficial

Frank Ocean:

This man has mastered the art of the selfie in the most beautiful, non look-at-me-I'm-awesome way. @Frankocean



DEREK GIBBON/INVISION THE ASSOCIATED PRESS

Twitter

@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it's just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date: the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

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Comments

RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. **poor-whiteman posted to metronews.ca**

It's not meant to be a hard-hitting news story. The fact that a \$192,000-car was abandoned during the flood, clearly, amused some people. It's horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn't pique your interest more than, say, a Dodge Caravan? **bicyclingbookworm posted to metronews.ca**

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It's no picnic in the park — well, actually, that's exactly what it is

Bownesians Picnic.

Take some time off flood cleaning duty and soak in some good tunes in Baker Park on Sunday



BACKSTAGE
PASS

Lisa Wilton
calgary@metronews.ca

It's one of the most anticipated family friendly community events of the summer.

And in the wake of this year's floods, the fifth-annual Bownesians Picnic on Sunday will be a much-needed break from the ongoing cleanup.

"We played a benefit about a week ago and everyone was talking about how Bowness people got together

Picnic facts

- Musical guests include cool country songstress Carolyn Mark, local country crooner Matt Masters, fast-rising duo Jocelyn & Lisa and funky Latin worldbeat band, Los Morenos.
- A prize will be given out for best picnic set up. One year, a group built a makeshift 'Greek Oasis' complete with faux Roman columns, plants and an inflatable pool to give you an idea of what you're up against.

to lend a helping hand to their neighbours," says Leah McCartney, singer of local '50s-style B-Movie surf-pop band, The Bownesians.

"It's like its own little town. Everyone is very tight-knit."

In fact, Bowness was its own little town until 1963 when it was amalgamated by the City of Calgary. Bowness still retains a look and vibe that's unique from the rest of the city.

The area was hit hard last month when the Bow River overflowed, causing a significant amount of damage to homes and, in particular, Bowness Park, which was largely underwater for days.

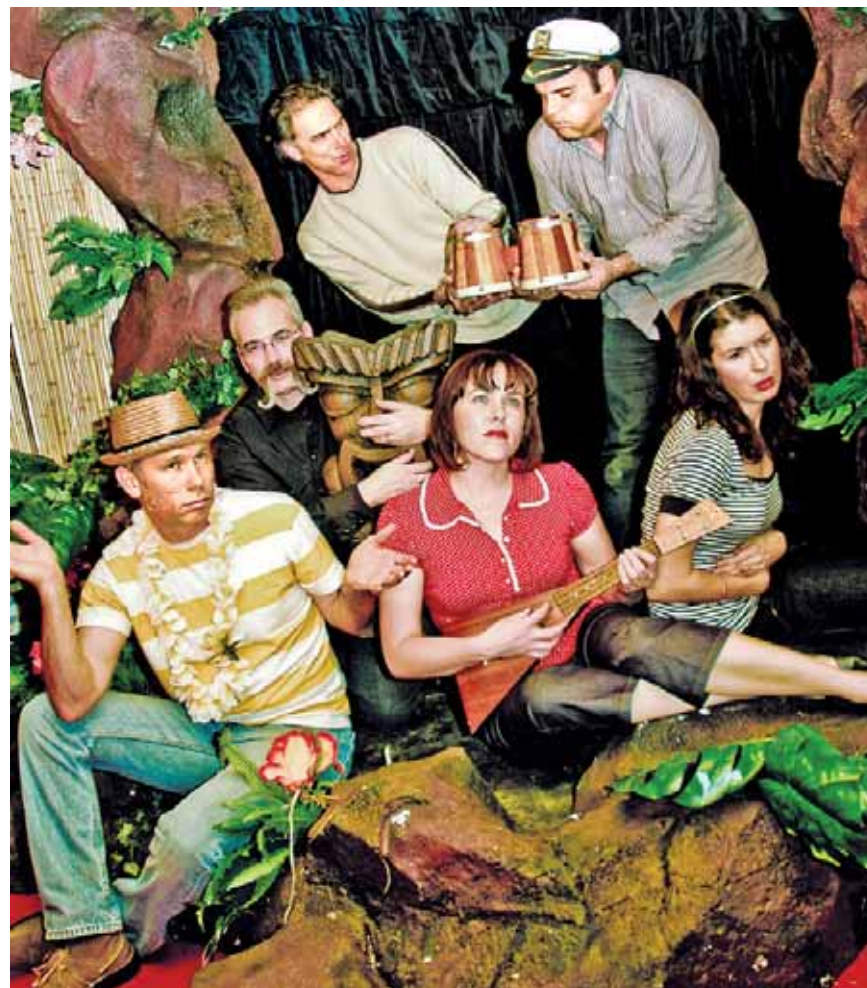
Though the flood had a devastating effect on many parts of the neighbourhood, Baker Park — the Picnic's home for the past half decade — was left relatively unscathed.

"It survived the flood and it's going to be back and ready before the picnic," McCartney says.

The Bownesians Picnic features performances by the group and other local roots, blues, folk and pop acts, as well as bouncy castles for the kids and burgers supplied by the Lions Club.

The Picnic attracts between 800 and 1,200 people each year, which thrills McCartney, who admits she wasn't sure if the free event would take off the first year.

"We didn't know how it was going to turn out," recalls McCartney, who sang back-up for such groups as the Sadlier-Brown Family Band and Cowpuncher be-



Calgary surf band The Bownesians host their fifth-annual Bownesians Picnic with special musical guests this Sunday at Baker Park. HANDOUT

fore joining The Bownesians six years ago.

"We'd gone to the Stampede to hand out flyers and

it really spread by word-of-mouth. People in Bowness like having a grassroots party that's all about them."

The fifth Annual Bownesians Picnic takes place Sunday at Baker Park, located at 9333 Scenic Rd. N.W.

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The wonderful world of Oz: This is one dedicated, ultra busy Doctor!

Think you're busy?
Get a load of how the TV host (and still practicing surgeon!) spends his days

MEREDITH ENGEL

Metro World News in New York City

In addition to hosting his Emmy-winning talk show, overseeing a non-profit and readying to launch a magazine, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to six," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like five to seven because at seven o'clock every morning, we start our meetings,"

he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot (and make any) last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal
"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he still has meetings like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches, preps for upcoming shows
After both of the day's episodes are taped, Dr. Oz runs

upstairs to his studio to record voice-overs and promos for the local markets. "(What) people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story." He also meets with his producers about the coming week's shows.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz? "She makes a great pasta (with) different kinds of pesto sauces, arrabbiata sauces — she's really good at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else till 10 o'clock at night, I don't find that I'm as rested the following morning." Instead, like a student studying for exams,

pressing completely with no real worldly concerns, because during the week you're going full speed all the time." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoorsy activities and movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.

His parenting style
"I've always found that if I make it easy for them to do the right thing, they'll do it. So instead of saying 'Don't eat that candy,' I just don't bring any candy in the house. If they happen to bring candy from a friend, then they should eat it. I'm not gonna confiscate it and throw it away. Let them eat it and then move on."

Always in his bag

Nuts: Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."



What's up doc? The man himself in studio . ALL PHOTOS HANDOUTS

the doctor readies himself for his next day's shows. "When I get home at night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize (the material)," he says. "I try to understand it."

10:15 p.m.: Lights out
"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't

take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. ... The number one biggest mistake we make in America is not sleeping, by far."

More on Mehmet

What about his other job?
With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital. While there, he does grand rounds, where he trains younger doctors, and also meets with new patients and does surgeries. And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends in the Oz house

"I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decom-



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Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the

only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying fowl after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting"



her \$3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

Twitter



@pattonoswalt

Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.



@tyrabanks

So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that



@MorganSpurlock

Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!



Jennifer Lopez

What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?!' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

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Here comes the Suno

What a pretty pair.

The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA
CHADHA

Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear. Maybe now they'll allow themselves to take a summer Fri- day or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?

Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind going to the after parties.

Who was the first person you called when you won?

Erin: I didn't even



have my phone at the awards ceremony.
Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest.
Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award will do for the brand?

Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're al-

ready in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?

Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been interested in head-to-toe dressing.
Max: The number one question that we always get asked

is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?

Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same this year.
Erin: I actually rented a place in Germantown, N.Y. so I'm



Solange Knowles (above) and Hailee Steinfeld (bottom left) in Suno. GETTY IMAGES

actually in the country.

What's an ideal summer day?

Erin: It's sitting down outside and reading.
Max: Spending time on my boat, fishing.

What are you reading this summer?

Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?

Erin: I'm wearing embroidery all the time right now, cotton embroidery.
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?

Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

Style pick

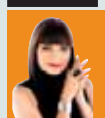
Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditaries boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself.

KATHRYN
GILBERT



Twitter



JEANNE
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@Jeanne_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

- @The_Obsessed: share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers

- @Jeanne_Beker : JUST DO IT!!! Xx



Intw'ing my girl Bekky O'Neil @qualityslippers @TarragonTheatre for @EtalkCTV about her play Urge 4 Going #FringeTO

3
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I
E

Cool backyard umbrellas



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.

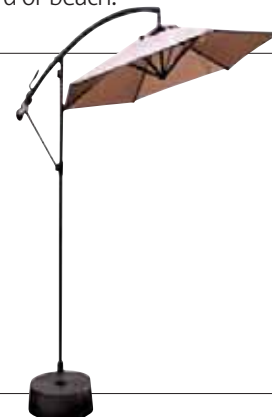


Retro flair

Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, \$132, potterybarn.com.

Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, \$80, sears.ca.



Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, \$423, crateandbarrel.com.



Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, \$6,400 (plus base), andrewricharddesigns.com.



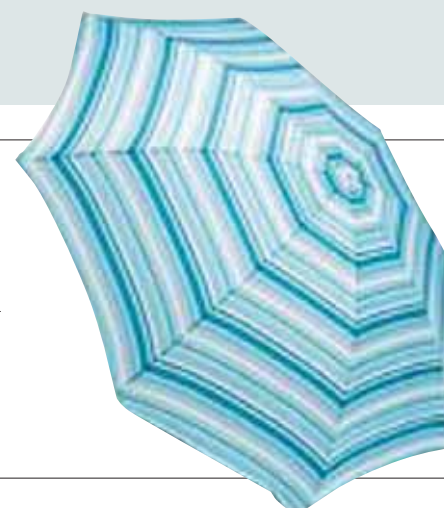
On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, \$80, homehardware.ca.



Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, \$13, canadiantire.ca.



A wine crate one day, a coffee table the next

One man's treasure.
7 ways you can turn alcohol holders into something useful

Old wine crates can be found lying around the house, at your local liquor store or even at neighbourhood garage sales.

Before sending them to the landfill, consider a few do-it-yourself options to repurpose wine crates for household use.

1Create a contemporary bookcase by painting each crate a

different colour and stacking one on top of another. Break up solid colours by using a stencil to create unique and fun patterns.

2Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top. Chair pads can provide an option for more cushioned seating and come in a variety of shapes and colours.

3Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage. Start by drilling a

few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal. Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.

4Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

5Wine crates don't just have to be used to store wine bottles.

Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

6Running in and out of the house during summer parties in the backyard can track dirt inside.

Use a leftover wine crate as a shoe storage rack for your back patio to prevent unwanted messes inside the house.

7Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel



Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

to your living room.

First stain or paint three or four crates and let them dry. Then arrange the crates and create a frame using L brackets.

Nail the crates to the frame, and enjoy your new DIY coffee table. FIND MORE TIPS FOR SALVAGING OLD FINDS ON SALVAGE DAWGS, TUESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA



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Yummy Curried Potato Burgers



This recipe makes about eight burgers. MIRIAM SORRELL

In a hurry? Try Potato Curry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some

fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture. Cook for a few minutes, flattening very slightly with a spatula to make patty shapes, then gently flip. You may need to do this in batches, repeating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any leftovers in a hot oven—they may become mushy in the microwave.

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Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes microwaved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

Cookbook of the Week

Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler — and delicious.

With more than 150

recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be.

The book covers everything from appetizers, soups and smoothies to main courses and desserts.

Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf.

METRO

Discover more fresh deals in this week's flyer — calgarycoop.com/flyers

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Pricing in effect Thursday, July 11 to Sunday, July 14, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

metro

CALGARY STAMPEDE

Thursday, July 11, 2013



Warren Coates, Calgary Stampede Rodeo Committee volunteer, logs many hours on the grounds during the 10-day event, despite a flooded home and full-time job. CANDICE WARD/FOR METRO

A tip of the hat to volunteers

CANDICE
WARD

For Metro

The show must go on was one of the mottos for volunteers at the Calgary Stampede, even those who had to face flood-related issues at their own homesteads.

Since the Stampede began last week, Warren Coates, volunteer with the Rodeo Com-

mittee, said the volunteer work has actually been a nice break from dealing with his flooded home.

"Everything here on the grounds just feels so normal," Coates said. "I want to do as much volunteer duties as possible."

Coates has been very appreciative of all the support he has received from the Calgary Stampede Rodeo Com-

mittee since the start of the flood, making it easier for him to commit to his duties on the grounds, at work and at home.

"It is amazing the generosity and the good faith that has come our way," Coates said. "Because we have a continuity plan within the committee, the show can still go on without me."

As part of the Youth and

Education sub-committee, Coates' job on the grounds is to educate the general public about rodeo and help support young athletes who are considering rodeo as a career.

Coates is one of the committee members who leads chute tours to advance the understanding of rodeo and its practices throughout the 10-day Stampede.

For many volunteers like

Coates, spending time on the grounds means time away from work and family. While in the height of the cleanup from the flood on the Stampede grounds and at his own home, Coates' daughter celebrated her sixth birthday with a party that had to be modified and put together at the last minute.

Off the grounds, Coates is the CEO of Fluid Energy Group

Ltd., a start-up company that provides eco-friendly fracking chemical alternatives.

Countless volunteers put in countless hours to make the Stampede what it is throughout the year. While flooding threatened to cancel the event, the tireless efforts of Stampede staff and volunteers like Coates enabled The Greatest Outdoor Show on Earth to indeed go on.

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Bend it like Em

CANDICE WARD
For Metro

Em Kerger, a comical contortionist known as Bendy Em, brings her twisty, turny act to the Calgary Stampede, squishing herself into a 16-square-inch Plexiglas box, which is suspended seven feet in the air.

Coming to Calgary from Down Under, Kerger has been performing as a contortionist since 2001.

Wondering how this 5-foot-4, 125-pound woman manages to stuff herself into a box each day, Metro asked her a few questions about her interesting talent:

Q When did you realize you could bend your body like this?

A I was a gymnast when I was a little girl and I started when I was about four. I competed as a kid in the U.K.

Q What made you realize you could make a career out of this rare skill?

A After university I went travelling around the world and was in Australia for a chunk of that time. That is where I kind of got roped in by a friend to do street shows. I knew I was flexible, so we went with that angle. We toured a lot together, but now we are independently working as solo acts.

Q What do you do to train?

A I do yoga, I surf and I train outdoors, mostly at the beach. I do all sorts of training like cardio and



Em Kerger (Bendy Em) brings her contortionist act to The Steps of the Calgary Stampede each day. CANDICE WARD/FOR METRO

weights, just to try and maintain my all around fitness.

Q What do you eat on show days?

A I am pretty healthy any ways, so my diet does not change if I am doing a show. Breakfast is usually chia seeds, or a quinoa porridge and lots of leafy greens

and vegetables. I am not a vegetarian, but I don't eat heaps and heaps of meat.

Q What is your cheat food when you do over-indulge?

A I don't eat anything processed. I don't eat anything on the grounds. I would say chocolate, but these days,

I make my own chocolate that is healthy. Last night I really fancied a piece of pizza, but I resisted and did not have it.

Catch Bendy Em at The Steps in front of the Saddledome every day at 2:20 p.m., 5:40 p.m., and 7:20 p.m. (weather permitting).

Who you gonna call? Ghost Riders

You normally see horses trotting, galloping, and even bucking at the Stampede, but there are some horses on the grounds this year that are popping and locking.

Dressed all in white, the Ghost Riders, a group of accomplished poppers from around the country, have brought their unique style of dance, combined with a bit of western flare, to The Steps of the Stampede.

"Some people are not sure if we are real or not, but people seem to love the scrolling sets we have been doing around the park," said Caroline Fraser, known as Lady C, and creator of the Ghost Riders.

Twice a day, they come together on The Steps of the Saddledome to excite the crowds with their world-renowned dancing.

Fraser, who is originally from Calgary, says it's great to be back from Montreal, performing in front of a home crowd.

"The Stampede was part of my childhood, so it is really cool to be a big part of it," she said.

Fraser is known around the country for her creative choreography and her work as a freestyle dancer who can now add a custom-created show for the Calgary Stampede to her already impressive resumé.

These chic looking horses can be seen performing daily on The Steps of the Saddledome at 12:20 p.m. and 7:50 p.m., or around the park throughout the week.

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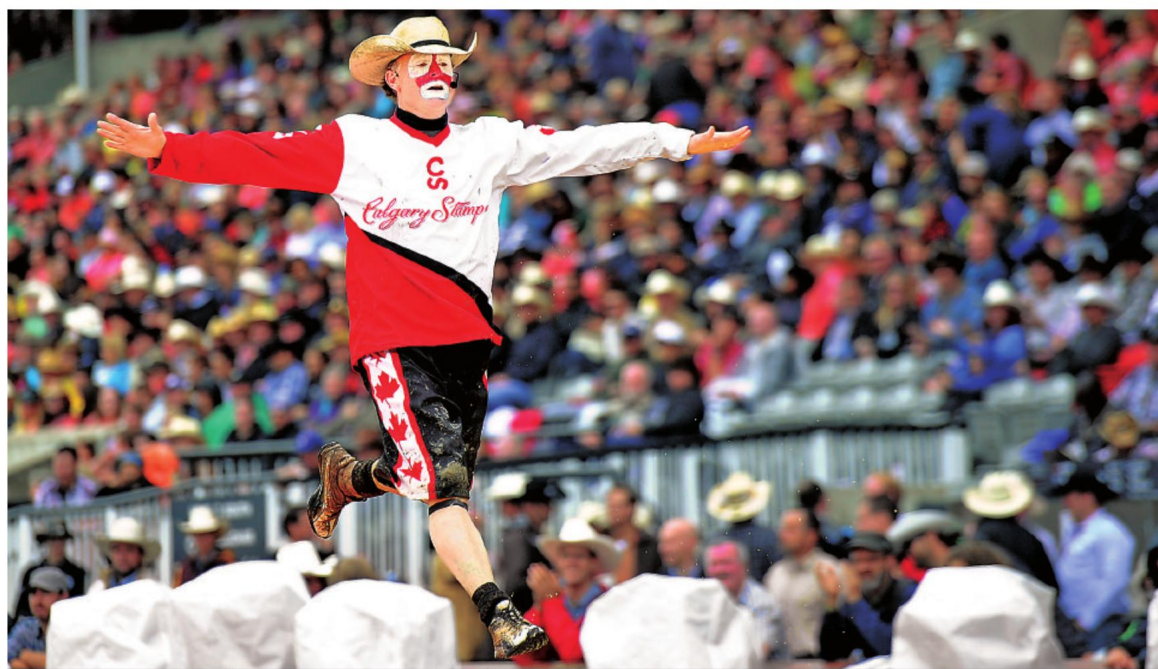
For Metro

Although it may seem like he is clowning around, rodeo entertainer Flint Rasmussen says his job isn't just fun and games.

Rasmussen has been a fan favourite for the crowds who take in the rodeo at the Calgary Stampede, but his job is a lot more than just making the crowds laugh — he helps to ensure the safety of many of the athletes out on the dirt, along with the help of bull fighters.

"It really isn't just goofing around," Rasmussen said. "You really have to watch what is going on. There is an awareness there that you always have to have or you will get hurt."

Rasmussen didn't encounter any close encounters with bulls early on during the 101st edition of the Calgary Stampede, but last year was tossed around in his barrel by a bull named Split Ear on Day 2 of the rodeo.



Longtime rodeo entertainer Flint Rasmussen entertains the crowds at the Calgary Stampede. CANDICE WARD/FOR METRO

full rodeo that Rasmussen provides entertainment for and finds the demographic to be very different, with a lot of first-time rodeo-goers in the crowd.

"The approach is a little different — you have to entertain and educate at the same time," Rasmussen said. "They don't always understand what is happening and what everyone's role is."

Used to entertaining smaller crowds in hockey arena-type venues, Rasmussen says his usual shows are easier in which to draw the crowds.

"This is harder because it is just so big."

But he is always up for the challenge.

"It just depends on what is happening. I don't really tell jokes or have a set script — we just roll with it."

And when it comes to his sweet dance moves, he says he gets them from watching television.

"I'm a child of the '80s. Who didn't watch Michael Jackson (or) Footloose."

"Bulls that do that are not as regular as they used to

be. They breed bulls more to buck nowadays, not ones that

are 'man killers.'"

Employed by the Profes-

sional Bull Riders, the Calgary Stampede is the only

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Homecoming. Back in the saddle again

Music. Clayton Bellamy basking in the glow of a successful 2013

CANDICE
WARD
For Metro

There is no better way to welcome back one of Alberta's own country stars then to have him sing the national anthem to open up the Calgary Stampede rodeo.

Although Clayton Bellamy made the move back from Nashville, Tenn., eight months ago, performing in front of more than 17,000 people in the stands was a great way to make him feel at home.

"Singing the national anthem is always nerve-racking," said Bellamy, who is also a member of the Road Hammers. "It is the one song you never want to mess up."

For Bellamy, 2013 has been

a very successful year for his solo career. Aside from kicking off the 101th edition of The Greatest Outdoor Show on Earth, Bellamy took the stage at Nashville North Friday night to promote his fifth solo album, Five Crow Silver.

"It was a real thrill," said Bellamy, who has won a Juno Award as well as four Canadian Country Music Awards. "Nashville North is the first big stage I ever played."

Making his return home, Bellamy has quickly settled in to his new job as the drive host at CISN Country in Edmonton, where he initially started out as a guest host.

"I thought they would never ask me back to do that again, then they offered me a job," Bellamy said. "Now I get a licence to act like a fool all day long."

Although everything "is coming up Clay," he joked that he thought his career would have taken him in a more glamorous direction

Future plans

"I am going to continue to make real music, continue to create and to push boundaries. And I am hoping there will be more Road Hammers music."

Clayton Bellamy

by now. "I thought for sure I would be riding around in a limo and wearing a fur coat everywhere."

But all jokes aside, he said he is excited to see what the future holds for him.

"I am going to continue to make real music, continue to create and to push boundaries. And I am hoping there will be more Road Hammers music."

Bellamy's new album is available on iTunes and he will be spending the rest of the summer touring.



Singer/songwriter Clayton Bellamy opened the Calgary Stampede rodeo by singing the national anthem. CONTRIBUTED

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NHL

Flames sign centre Backlund to two-year deal

The Calgary Flames have signed centre Mikael Backlund to a two-year, \$3-million US contract.

Backlund played 32 games with the Flames last season, putting up eight goals and eight assists for 16 points along with 29 penalty minutes. He also struggled with injuries, missing four weeks with a sprained medial collateral ligament and suffering a foot fracture near the end of the season.

He was the Flames' first-round draft pick, 24th overall, in the 2007 NHL draft.

He has 23 goals and 39 assists in 170 career games with Calgary.

"Mikael really stepped-up last season and took advantage of the change in direction under a new coaching staff," Flames general manager Jay Feaster said in a statement. "He came into camp in very good shape and also had regained his confidence. He parlayed that into a strong season, and if it wasn't for his injury we believe he would have progressed even further in his development." **THE CANADIAN PRESS**



Mikael Backlund GETTY IMAGES FILE

A case of déjà vu for Stamps under centre

CFL. Glenn takes reins as starting quarterback in same conditions as he did last season

The Calgary Stampeders quarterback situation feels familiar.

A year ago, starter Drew Tate didn't finish the second game of the regular season because of injury. Backup Kevin Glenn made his first start July 12 in Montreal.

Fast forward to now. Tate didn't finish Game 2 last week. Glenn will start Friday, again July 12, in Montreal against the Alouettes.

"For me to be coming out Week 3 against Montreal in Montreal, it's pretty much déjà vu," Glenn said Wednesday.

The difference is Tate's injury is minor compared to the shoulder separation he suffered in 2012. Subsequent surgery and rehabilitation sidelined Tate until the final two games of the regular season.

His current injury is a strained forearm muscle in his throwing arm and his status is day-to-day. The 28-year-old did not throw the football in practice for a third straight day.

"It's just not ready," Tate said.

Glenn replaced Tate for the final minutes of last week's 36-21 loss to the Saskatchewan Roughriders in Regina.

Tate will dress for the game at Percival-Molson Stadium, but it will be Glenn behind centre. The 34-year-old filled in admirably during Tate's absences in 2012.



Kevin Glenn attacks the B.C. Lions through the air on June 14. Glenn will get the start in place of injured Drew Tate on Friday in Montreal against the Alouettes. **THE CANADIAN PRESS FILE**

Raymond back on Friday

CFL West all-star defensive back Keon Raymond is expected to make his season debut Friday after sitting out the first two games with a sprained ankle.

- John Hufnagel said receiver Maurice Price (leg) is doubtful to play while offensive

lineman Dan Federkeil (illness) is questionable.

- Defensive backs Derrius Brooks (leg) and Jamar Wall (knee) are out and defensive lineman Kevin Huntley is expected to start in place of Micah Johnson (torn oblique muscle).

Glenn's record was 9-5 after Tate's shoulder injury. He compiled 4,220 yards in passing for 25 touchdowns

and a completion rate of 66.7 per cent.

When Tate fractured his forearm in the West Division

semifinal, Glenn helped Calgary win the division final versus the B.C. Lions with three touchdown passes and 303 throwing yards.

He went 14-for-27 and had no touchdown passes in Calgary's Grey Cup loss to the Toronto Argonauts. Glenn isn't as fleet of foot as Tate, but has shown he can get the job done.

"What he accomplished last year will add the confidence level to not only himself, but the players on the field," Stampeders head coach and John Hufnagel said.

THE CANADIAN PRESS

MLB. Public could be left in dark in Biogenesis probe

We may never know exactly what Alex Rodriguez and Ryan Braun are being accused of in MLB's Biogenesis investigation — if they beat the rap.

That's because details likely will be caught in a tangle of legal gymnastics involving MLB, the players' union and probably an arbitrator, who could rule no discipline is warranted.

Among the early legal issues: Does the commissioner's office have the right to announce any suspensions before grievances

are decided by an arbitrator? Can a player not previously disciplined under the drug agreement be suspended for more than 50 games because of multiple violations?

Three people familiar with the investigation said if management and the union can't agree on the process, arbitrator Fredric Horowitz likely would be asked to decide. The people spoke on condition of anonymity because no public statements were authorized.

THE ASSOCIATED PRESS

Heritage Classic

Canucks to host Senators at BC Place Stadium

Vancouver will become the third Canadian city to host a regular-season NHL game outdoors when the Canucks welcome the Ottawa Senators to BC Place next season in the 2014 Heritage Classic.

The 2014 game in Vancouver will take place March 2 and will be the first played in a retractable-roof facility.

THE CANADIAN PRESS

CFL. Simon debut pushed back for another week



Geroy Simon COURTESY CFL

Geroy Simon's Saskatchewan Roughriders debut is on hold for another week.

Roughriders head coach Corey Chamblin said Wednesday the veteran slotback won't play in the club's game Thursday night against the Toronto Argonauts.

The Roughriders acquired Simon, the CFL's all-time receiving yards leader, in an off-season trade with the B.C. Lions but he has yet to play for his new team due to a lower-body injury. **THE CANADIAN PRESS**

Kawasaki's clutch ninth-inning hit pushes Jays to win

MLB. Infielder finds ideal time to end his 0-for-18 hitting slump

Munenori Kawasaki hit a two-run single with the bases loaded in the ninth inning and the Toronto Blue Jays beat the Cleveland Indians 5-4 Wednesday night.

Kawasaki, who broke an 0-for-18 slump, lined a 1-2 pitch from Joe Smith into left-centre field to score two runs. A third run scored when centre-fielder Michael Bourn booted the ball for an error.

Colby Rasmus drew a one-out walk off Rich Hill (0-1). After Maicer Izturis flied out, J.P. Arencibia was announced to bat for Josh Thole. Joe Smith relieved Hill but Ar-



Munenori Kawasaki rounds first base after hitting a two-run single Wednesday. THE ASSOCIATED PRESS

encibia singled and Emilio Bonifacio walked to load the bases. Kawasaki fell behind in the count but came up with the clutch hit Toronto's struggling offence has needed.

Neil Wagner (2-3) struck out Ryan Raburn with the bases loaded to end the eighth after the Indians tied the game. Casey Janssen allowed two runs in the ninth before Steve Delabar retired Michael Brantley on a fly ball for his first major-league save.

Indians starter Justin Masterson took a two-hit shutout into the seventh but Bonifacio's two-run single put the Blue Jays ahead.

The Indians tied the game in the eighth off all-star reliever Brett Cecil on Brantley's RBI single.

Following Nick Swisher's walk, Brantley's hard-hit ground ball shot past shortstop Jose Reyes and into centre field, tying the game.

Toronto starter Esmil Rogers allowed one run in six innings. THE ASSOCIATED PRESS



Froome distancing himself from the pack

Chris Froome of Great Britain and Team Sky Pro Cycling rides during the 11th stage of the Tour de France on Wednesday in Avranches, France. German rider Tony Martin won the stage while overall leader Froome was next to finish just 12 seconds back. Alejandro Valverde ranks second 3:25 behind Froome. BRYN LENNON/GETTY IMAGES

Tour de France

Fan doused me with urine: Cyclist

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of

Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier.

The team didn't know exactly where it happened

on the 33-kilometre course to Mont-Saint-Michel on the Brittany coast.

At least one cycling aficionado suggested it was all part of the sport.

Lance Armstrong tweeted: "Why all the sudden shock and outrage. this has been happening for 100 years in some form or another." THE ASSOCIATED PRESS

Distribution Assistant (part time)

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- Familiar with the City of Calgary
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- Able to work flexible hours
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Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than July 17, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Calgary" in the subject line. All submissions will be treated as confidential.

metro

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	55	37	.598	—
Tampa Bay	52	40	.565	3
Baltimore	50	42	.543	5
New York	49	42	.538	5½
Toronto	44	46	.489	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	50	40	.556	—
Cleveland	47	44	.516	3½
Kansas City	43	45	.489	6
Minnesota	37	51	.420	12
Chicago	35	53	.398	14

WEST DIVISION

	W	L	Pct	GB
Oakland	54	37	.593	—
Texas	53	38	.582	1
Los Angeles	44	46	.489	9½
Seattle	40	50	.444	13½
Houston	32	59	.352	22

Wednesday's results

Toronto 5 Cleveland 4
Baltimore 6 Texas 1
Tampa Bay 4 Minnesota 3 (13 inn.)

N.Y. Yankees 8 Kansas City 1

Detroit 8 Chicago White Sox 5

Boston at Seattle

Tuesday's results

Cleveland 3 Toronto 0

Chicago White Sox 11 Detroit 4

Kansas City 3 N.Y. Yankees 1

Texas 8 Baltimore 4

Tampa Bay 4 Minnesota 1

Boston 11 Seattle 8

Thursday's games

All times Eastern

Toronto (Dickey 8-9) at Cleveland (Salazar

0-0), 12:05 p.m.

Minnesota (Pelfrey 4-6) at Tampa Bay

(Moore 12-3), 12:10 p.m.

Kansas City (Santana 5-5) at N.Y. Yankees

(Pettitte 6-6), 1:05 p.m.

Chicago White Sox (Sale 5-8) at Detroit

(Sanchez 7-5), 1:08 p.m.

Boston (Dempster 5-8) at Seattle

(Ramirez 0-0), 3:40 p.m.

Texas (Darvish 8-4) at Baltimore (Gonzalez 6-3), 7:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	52	39	.571	—
Washington	47	44	.516	5
Philadelphia	45	47	.489	7½
New York	40	48	.455	10½
Miami	33	57	.367	18½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	55	34	.618	—
Pittsburgh	53	36	.596	2
Cincinnati	51	40	.560	5
Chicago	40	49	.449	15
Milwaukee	37	53	.411	18½

WEST DIVISION

	W	L	Pct	GB
Arizona	47	43	.522	—
Los Angeles	44	45	.494	2½
Colorado	43	48	.473	4½
San Diego	41	50	.451	6½
San Francisco	40	50	.444	7

Wednesday's results

Cincinnati 6 Milwaukee 2

L.A. Angels 13 Chicago Cubs 2

Miami 6 Atlanta 2

St. Louis 5 Houston 4

Washington 5 Philadelphia 1

N.Y. Mets 7 San Francisco 2

Oakland at Pittsburgh

L.A. Dodgers at Arizona

Colorado at San Diego

Tuesday's results

Oakland 2 Pittsburgh 1

Philadelphia 4 Washington 2

St. Louis 9 Houston 5

San Diego 2 Colorado 1

Atlanta 6 Miami 4

Chicago Cubs 7 L.A. Angels 2

Milwaukee 2 Cincinnati 0

L.A. Dodgers 6 Arizona 1

N.Y. Mets 10 San Francisco 6

Thursday's games — All times Eastern

Washington (Zimmermann 12-3) at

Philadelphia (Kendrick 7-6), 7:05 p.m.

Cincinnati (Latos 8-2) at Atlanta (Hudson

5-7), 7:10 p.m.

St. Louis (Westbrook 5-3) at Chicago Cubs

(Jackson 5-10), 8:05 p.m.

Milwaukee (Gallardo 7-8) at Arizona

(Miley 5-7), 9:40 p.m.

Colorado (Pomeranz 0-2) at L.A. Dodgers

(Capuano 2-6), 10:10 p.m.

San Francisco (Bumgarner 9-5) at San

Diego (Marquis 9-4), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Winnipeg	2	1	1	0	52	49	2
Montreal	2	1	1	0	49	52	2
Toronto	2	1	1	0	55	58	2
Hamilton	2	0	2	0	54	69	0

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	75	39	4
Calgary	2	1	1	0	65	68	2
B.C.	2	1	1	0	56	60	2
Edmonton	2	1	1	0	48	59	2

Thursday's game — All times Eastern

Saskatchewan at Toronto, 7:30 p.m.

Friday's game

Calgary at Montreal, 7:30 p.m.

Saturday's games

Winnipeg at Hamilton, 6:30 p.m.

B.C. at Edmonton, 9:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	4	31	25	31
Kansas City	8	5	6	26	19	30
New York	8	7	4	25	24	28
Philadelphia	7	6	6	29	29	27
Houston	7	6	5	20	18	26
New England	6	5	6	21	14	24
Columbus	6	8	5	23	23	23
Chicago	6	8	3	19	25	21
Toronto	2	8	7	17	24	13
D.C.	2	13	4	8	29	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	10	5	4	29	18	34
Dallas	8	4	7	27	24	31
Los Angeles	9	7	3	29	22	30
Portland	7	2	9	28	17	30
Vancouver	8	5	5	29	25	29
Colorado	7	7	6	23	22	27
Seattle	7	6	3	21	19	24
San Jose	5	9	6	20	32	21
Chivas USA	3	10	5	16	32	11

Note: 3 points for victory, 1 point for tie.

Friday's game — All times Eastern

Chivas USA at Philadelphia, 7:30 p.m.

Saturday's games

Montreal at New York, 7 p.m.

Houston at New England, 7:30 p.m.

Toronto at Kansas City, 8:30 p.m.

Salt Lake at Dallas, 9 p.m.

Seattle at San Jose, 10:30 p.m.

Los Angeles at Portland, 11 p.m.

Horoscopes

Aries

March 21 - April 20

Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

Taurus

April 21 - May 21

You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

Gemini

May 22 - June 21

You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

Cancer

June 22 - July 23

You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

Leo

July 24 - Aug. 23

Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

Virgo

Aug. 24 - Sept. 23

If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

Libra

Sept. 24 - Oct. 23

For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

Scorpio

Oct. 24 - Nov. 22

You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

Sagittarius

Nov. 23 - Dec. 21

You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

Capricorn

Dec. 22 - Jan. 20

You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

Aquarius

Jan. 21 - Feb. 19

Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

Pisces

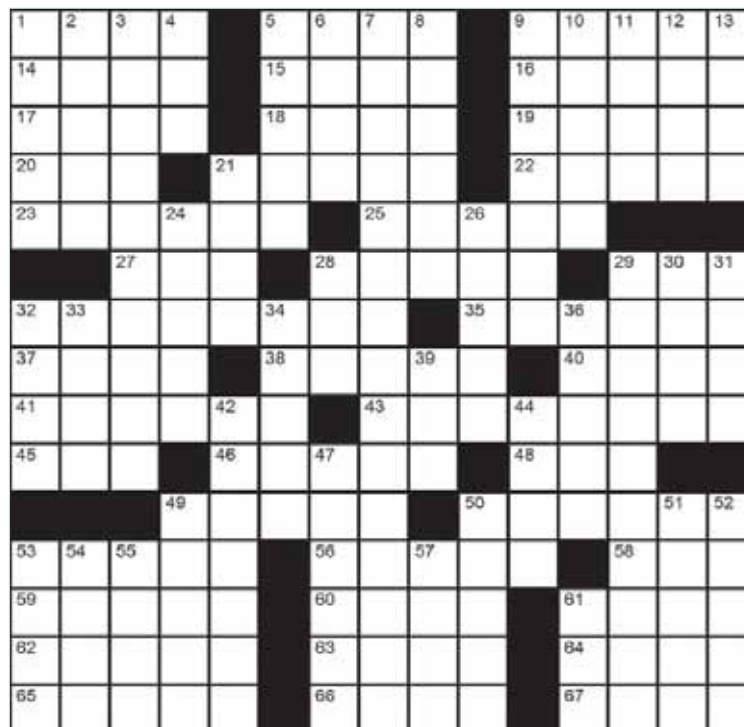
Feb. 20 - March 20

You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Pet rights org.
- Profess
- Mickey
- Shopping spot
- - Fella (Record label)
- Ontario attraction, — Canada Village
- “—, — and Away” by The 5th Dimension
- Yesterday: French
- Lovely parties
- U-571, e.g.
- Ms. McLachlan
- Edith Wharton novel, Ethan
- Shakespeare's tragic character
- Water wheel
- Porridge particle
- “Sounds like —!”
- For
- “Black Horse & The Cherry Tree” by KT
- Published
- “That — it should be.”
- Become knowledgeable
- Olive genus
- Crack
- Montreal singer, Nikki
- Tokyo, once
- Pirate's exclamation!
- Diner offering
- Super-—
- Prophet
- Plunge the potato chip again



- “Sheesh!”
- Did a marathon
- Bar soap brand, — Spring
- Chaps
- fide
- Leonardo da — (b.1452 - d.1519)
- Concerning, office-style: 2 wds.

- International oil gr.
- Toronto — Centre
- Adam's abode
- Library communication starter

Down

- Informally flatten
- New Guinea

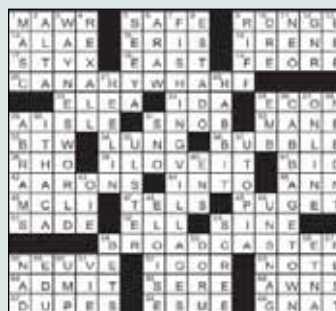
- Clothing retailer founded in 1985 in Toronto: 2 wds.
- Swiss peak
- Buddhist who has attained Nirvana
- See: French
- Nova Scotia's slogan, Canada's —
- Artist Andy

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Mr. Wilson
- Bar drink
- For example... beans, chick peas and lentils: 2 wds.
- Be in need of Febreze
- Singer/actress, Aubrey
- Sandcastle's swoosher
- Pre-owned
- of faith
- Actress Ms. Vergara
- Encouraging shout!
- Manitoba city northwest of Winnipeg
- Grand Ole —
- Archie Comics character
- Bee Gees genre
- Mary-Kate or Ashley
- Paths
- Legislate
- Tear apart
- Suffix with 'Ranch'
- Exertion
- Ancient harp
- Cyndi Lauper tune: “She —”

Yesterday's Crossword

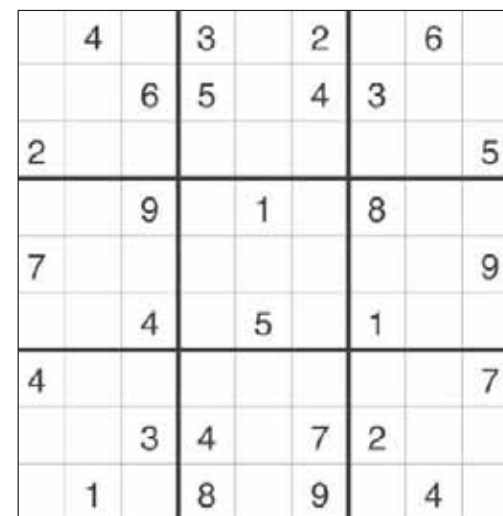


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 23°
MIN: 13°

FRIDAY



MAX: 20°
MIN: 7°

SATURDAY



MAX: 17°
MIN: 10°

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Time: 7pm — 10pm

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Sunridge Mall

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2520 23rd St. NE

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

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